

Kinpira



Shopping List

Produce

- Burdock root
- Leek
- Carrots
- Parsley

Bulk

- Rice Vinegar
- Olive Oil
- Honey
- Nutmeg
- Sea salt/pepper

Grocery

- Sake, Mirin or white wine

Dairy

- Butter (optional)



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Source: Northwest Vegetarian Cookbook by Debra Daniels-

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Burdock, Carrots, and Leek Salad (Kinpira adaptation)

INGREDIENTS

2 c water
1/2 t sea salt
2 T rice vinegar
2 medium burdock roots (1/2—3/4 #)
1 T extra virgin olive oil
1 T butter (optional)
1 medium leek, white part only, sliced into matchstick and washed thoroughly
2 large carrots, peeled and cut into matchsticks
1/4 c sake, mirin or white wine
 1 t honey (optional, omit if using mirin)
Pinch of nutmeg
Sea salt and fresh ground pepper
Finely chopped curly parsley

Traditional Kinpira uses sesame oil instead of olive oil (and no butter), and is seasoned with shoyu and mirin. Try adding the following to your dish if you use traditional ingredients (carrots and burdock, minus the leek): lotus root, arame, hijiki. You can also make this into a main dish by adding tofu, seitan, and/or pork.

INSTRUCTIONS

1. Combine the water, salt and vinegar in a bowl.
2. Peel and julienne (cut into matchstick-sized pieces) burdock root and place it in the bowl of water to soak while you prepare your other vegetables.
3. Heat a heavy skillet over medium heat. Add the oil, butter (if desired), and the leek. Stir and cook until softened, 2-3 minutes.
4. Drain the burdock and add to the skillet, along with the carrots.
5. Cook for about 3 minutes, then add the wine/mirin (and honey, if using).
6. Cook until the alcohol has mostly evaporated and the burdock and carrots are tender, but still have some bite and texture to them.
7. Season with nutmeg to taste, and add salt and pepper to taste.
8. Sprinkle with parsley and serve.

You can also grate the burdock and carrots for a quicker cooking time, although if you will be eating this dish with chopsticks, julienning the vegetables will work better in the end.

Make sure your knife is sharp if you julienne the vegetables, otherwise you could endanger your fingers! To learn how to julienne properly, visit <http://www.youtube.com/watch?v=3YU1IBLypo0> for a how-to video.

This dish is best when served at room temperature.

Kinpira is a Japanese cooking style where you sauté and simmer root vegetables. Burdock root, or gobo, is very healthy—it is a blood purifier, aids circulation, and is a liver cleanser. Soaking burdock in water for 10 minutes helps release the “muddy” flavor that asserts itself if it is left un-soaked.



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